



INQOLOBANE NEWSLETTER JULY 2011

VRYHEID DISTRICT HOSPITAL

INTRODUCING OUR CEO: MS SIBONGILE NKONYANE



MISS S. NKONYANE—VRYHEID HOSPITAL CEO

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HER PERSONAL STORY.

Sibongile was born in 1958 in a small town called Charlestown near Newcastle. In the late 70s the Group Areas Act moved them to Newcastle where she currently resides.

They were born 9 in the family but grew up being 6. She is now the youngest in a family of 4 siblings.

Sibongile never married. She has 2 children. Her daughter Nontobeko aged 33 is a Fashion Designer and lives in Durban. Her son Qiqile, is 14 yrs and in grade 9. Sibongile has a grand-daughter; Nadi aged 5 who is named after a river where she first worked in Primary Health Care at Ehlanzeni.

HER EDUCATIONAL HISTORY.

Sibongile did her primary and secondary education at Charlestown and did her matric at St Chads High School in Ladysmith. She then went to Edendale

Nursing College and qualified as a General Nurse and Midwife in 1983. She later obtained the Diploma in

Psychiatric Nursing at Madadeni Nursing School in 1986.

She then studied with UNISA and obtained BA Cur in 1992 with majors in Nursing Administration and Community Health Nursing. She further achieved Honours in Social Science with the University of Natal in 1994 with Nursing Education as her major. Her dissertation looked into "The effects of Schizophrenia amongst the people of Enhlalakahle, in Greytown."

In 2000 she obtained the Postgraduate Diploma in Health Services Management through the University of Natal and proceeded with Masters in Public Health which she sadly did not complete and went overseas having achieved 8 modules in this field.

HER WORK EXPERIENCE

After Sibongile qualified from Edendale in 1983, she worked at Untunjambili Hospital in Kranskop and was later posted to Ehlanzeni Clinic until her resignation in 1987. She describes this as the best time in her career – working with the rural community of Ehlanzeni

THANK YOU MRS J. K. ECKERSLEY

The Management of the Hospital and PHC, Vryheid Hospital and PHC staff and Hospital Board would like to thank Mrs J. K. Eckersley for holding the fort efficiently for the past fourteen (14) month since former CEO Mrs M. T. Zulu's exit. It is to be acknowledged that the months in question have not been without challenges however the leadership she displayed and her commitment to the job entrusted to her did not go unnoticed.

The Hospital Board appreciated so much the good working relations with her as the CEO and her dedication in improving the lives of people by ensuring continuous quality care in Abaqulusi Health Sub-District. Again THANK YOU SO MUCH Mrs J. K. Eckersley. Uyobongwa namaqhawe!



Management of Vryheid Hospital saying Thank You to Mrs J. E. Eckersley in the middle holding a box.

From left to right: Mrs C. Xaba, Matron E. Duvel, Miss N. W. P. Mabizela, Dr F. S. Idika, Mrs J. K. Eckersley, Miss N. Khambule and Matron N. J. Khumalo.

INTRODUCING OUR CEO: MS SJBONGILE NKONYANE conti...

She went to join the Greytown Mobile Clinic for 4 years. This is where her passion for the mentally ill began. She was later recruited by Fort Napier Hospital and started a satellite Mental Health clinic in Greytown in 1992. She remained in this post until her promotion as a Nurse Manager in Dundee Hospital in 1999.

She left Dundee Hospital in October 2001 to take a post of CEO at Nkandla Hospital until March 2003 when she left for the United Kingdom to join a private company called Glencare based in South East London.

Her first job with Glencare was a Deputy Manager but was within four (4) months promoted to a post of Service Manager within a mental health setting. She held this post for four years and later joined the NHS where she worked as a Community Psychiatric Nurse in London until her return back home in October

2010.

She commenced her duties at Vryheid Hospital on the 01st of July 2011 and appreciates the warm welcome that she has received from the management and the staff. "We shall work, cry and laugh together as a team. Together we shall work hard to realise the vision and mission of our institution for the benefit of the community of Abaqulusi" she says.

Our Mama believes there is nothing as beautiful as the sound of your name. To this end she would like to be addressed by all by her first name Sibonke and if you feel this disrespectful, you can call her "Mama Sibonke".

SIYAKWAMUKELA E VRYHEID MA VILAKAZI, BINDA, MPHEPHETHE!

NELSON MANDELA DAY CELEBRATION

The 18th of July is commemorated as Nelson Mandela Day throughout the country. There was a call by Nelson Mandela Foundation to devote 67 minutes to helping others, each minute for 67 years Nelson Mandela devoted his life to the service of humanity. The theme for this year's celebration was "Take Action Inspire Change".

To commemorate this day the Vryheid hospital visited eleven (11) families with most basic needs in the communities of Boyana, R300, Dumping Site and Bhekuzulu location. The families were identified with the help of Community Care Givers and Ward Councilors. Staff from Vryheid Hospital and PHC donated clothes and blankets. To raise funds the hospital CEO Ms S. Nkonyane donated a blanket for raffle tickets to be sold. The money raised was enough to buy groceries for seven houses identified. Amongst the households visited were two houses that were totally burnt down and others were poverty stricken and also had members on some medication. Vryheid Hospital staff was accompanied by the Nursing Manager Mrs J. K. Eckersley, Human Resource Manager Miss N. W. P. Mabizela, Community Health Care Facilitator Mrs T. A. Thusini offered the CCGs to accompany the staff to the households identified.

The staff who went to visit the families were struck by the appalling conditions and level of poverty other people were subjected to. The staff was inspired to continue with the project beyond Nelson Mandela Day. The contributions from staff were very much appreciated and made the day a huge success. Ningadinwa nangomuso.

Together fighting diseases, fighting poverty, giving hope!

ACTIVITIES IN PICTURES



Mrs N. J. Hadebe—raffle ticket winner.



The groceries.



Clothes donated by staff.



Left to right: Vryheid Hospital Staff and CCGs visiting the households.



"We can change the world and make it a better place. It is in your hands to make a difference." - Nelson Mandela

Fighting diseases, fighting poverty, giving hope—promotive and preventive health is our business.

ABAQULUSI TB AND HIV/AIDS COMMUNITY DIALOGUE



Some of the stakeholders who participated in the community dialogue.

Community Dialogues of TB and TB/HIV are an integral part of social mobilization with the aim of enhancing community participation and ownership of the programmes.

The Department of Health, in partnership with USAID, URC and Johns Hopkins identified a high death rate for AbaQulusi Sub-District (14.8%), with a high number being from eMondlo and surrounding areas.

To intervene the community dialogue was planned to inform the community and in-

volve them together with their leaders in developing strategies to reduce TB /HIV related deaths.

The event was attended by 215 participants. The participants were Sukuma Sakhe members, AZASA, DAMASA, Community Care Givers, Mens Forum, Mondlo Taxi Association, Disabled Person Organisation, Love Life, Siyaphila Support Group Sinakho Development, Independent Faith-Based, Khethukuthula HIV/AIDS organization.

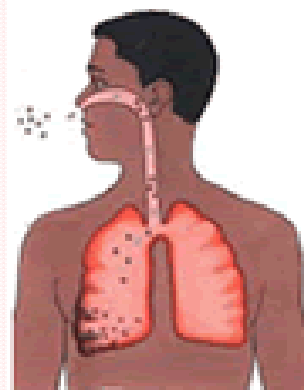
Most Community Leaders invited could not honour the invitation, some sent apologies. Therefore the community felt that they cannot conclude the plans and make commitments without leadership involvement. It was recommended that the Local Leadership (Traditional and Local Government) be an integral part of the pledge. Another dialogue would be held to finalise the plan in the near future.

The community really appreciated the effort to involve them in planning for their health interventions.

South Africa's united pledge to STOP TB - BECAUSE I CAN!

Tuberculosis is preventable and curable, yet our people still die from this scourge. To fight TB, we require the efforts of every South African, to stand together, therefore I pledge that:

- I will go for an examination if I cough for longer than two weeks;
- I will advise anyone who coughs for more than two weeks to go for an examination;
- I will take my treatment until the end if I am diagnosed with TB;
- I will help TB patients take their medication everyday; and
- I will ensure that my action does not stigmatise TB patients.



NATIONAL CELEBRATION—15 YEARS OF COLLABORATION OF SA AND CUBA



Left to right: Vryheid Hospital CEO Ms Sibonkanyane and Dr Caballero—Casanova Specialist Surgeon



14 Cuban Medical Specialists receiving award certificates from Minister of Health, Dr Aaron Motswaledi.



Left to right: MEC for Health KZN Dr Sibongiseni Dhlomo, Prof Gonzalez Head of Cuban Parliament Portfolio of Health, Minister of Health Dr Aaron Motswaledi, Minister of Home Affairs Dr Nkosazana Dhlamini Zuma, Ms Ivette Fernandez Deputy Cuban Ambassador.



Taken with the Minister of Home Affairs Dr Nkosazana Dhlamini-Zuma the then Minister of Health who received them in SA in 1996

On the 15/07/2011 the Cuba and South Africa celebrated 15 years of close ties between the two countries. The 15th Anniversary Celebration of the South Africa - Cuba Co-operation Agreement was held at Inkosi Albert Luthuli ICC, Hall 2, Durban.

The Department of Health was celebrating the achievements of the Health Co-operation Agreement that was signed 15 years ago in 1996 between the governments of South Africa and Cuba. South Africa and Cuba have maintained longstanding relations, dating back to the struggle against apartheid and colonialism in the sub-region.

Our very own Dr Caballero Casanova was amongst the first Cuban doctors to arrive in South Africa in 1996, to fill skills shortage in state hospitals. Initially they were on three-year contracts, but were asked to extend their stay. Along with 13 other Cuban medical specialists were awarded certificates for their long standing contribution to the Public Health System and their commitment to the South African government. Vryheid Hospital Management, staff and Abaqulusi community are proud of Dr Caballero as he is popularly known.

We salute you!!! BIEN HECHO—WELL DONE!!!

Fighting diseases, fighting poverty, giving hope—promotive and preventive health is our business.

Sukumani Sakhe Mphakathi wase Gumtree

Kuye kwenzeka abantu bebonke bangazuzi ngokufanayo. Kanjalo nentuthuko ayifiki ngokwanele nangendlela efanayo ezindaweni ezahlukene. Indawo yase-Gumtree iyezinye zezindawo emkhandlwini waseBaqulusini ethakeka njengehlwempu neqagulekayo ezindaweni okumele zibhekelelwe ngokusondezelwa intuthuko emphakathini.

Ukubhekelela lokho mhlazane ziwu 26 May ku 2011 iminyango eyahlukene kaHulumeni ibambisene noMasipala waseBaqulusini nomphakathi yahlangana ukuhambisa izidingo ezahlukahlukene emphakathini waseGumtree Engome.

Iminyango eyabamba iqhaza kwakungowezeMpilo, owezeNhlalakahle, owakwaNdabazabantu, owezeMvelo, owezeMisebenzi yomphakathi, isibhedlela iMountain View kanye noMasipala waBaqulusini.

Abantu baphuma ngobuningi babo nokuba kwakunomoya namakhaza ashubisa umnkantsha.

Ngenxa yawo umoya omkhulu itende elalimiselwe ukusebenza lagcina liphephukile nangabe lisakwazi ukuma. Nakuba kunjalo akukaze kubaqede amandla abasebenzi ngoba bonke babonakala sebesebenzela ezimotweni naphandle nje ukuze umsebenzi uqhubeke.

Umphakathi waseGumtree owawusukhalile kakhulu ngokungatholi ukunakekeleka okwanelisayo ngezinhlelo zikaHulumeni wakujabulela kakhulu ukuhanjelwa futhi nokubona ukuzinekela ngokuphelele kwethimba lika Sukuma Sakhe waseBaqulusini. Kwawukhuthaza kakhulu ukubona ukuthi kukhona abantu abasazinikela kangaka emsebenzini wabo abangabheki izimo abasebenza ngaphansi kwazo.

Usuku lwaba impumelelo.



Kwesokunxele: UNksz E. Rohrs (Speech and Audiologist at Vryheid Hospital) efundisa ngokunakekelwa okufanеле kwendlebe

Phakathi: UNksz B. Gwambe wezeminyango yeMisebenzi echazela amalunga omphakathi ngezinhlelo zomnyango wakhe.

Kwesokudla: Abomnyango wezolimo nabo benikezela ngembewu emalungeni omphakathi.

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MEN'S HEALTH AWARENESS



Mrs M. Mdunjana—Comm-Service Psychologist

A healthy mind, body and soul produces a happy you. June was the men's health month and on the 09/06/2011 the hospital had Men's Health Awareness for the hospital and PHC staff. The presentations were from Psychology Department, Dietician and Mr Sello Rakometshi who was teaching men on what to means to be a man.

Mrs M. Mdunjana had this to give to the men who attended the event.

Theory of reasoned action – health psychology.

A person's behaviour is determined by his intentions. These intentions are determined by the person's attitude towards the action and belief about how others will respond to that action.

To change a person's behaviour, you need to understand the person's beliefs and attitudes. If a man is susceptible to a disease and perceived severity of the consequences of the disease – he is likely to take action. When he believes is in danger e.g. smoking cigarette causes cancer if they really believe that cancer can kill him and that smoking causes cancer.

Information appeal

Promoting good health behaviour through providing information to serve as a guide.

Knowledge is power – once a person is knowledgeable s/he is less likely to engage in bad health behaviours. They take care of themselves more.

Fear appeal.

Is an approach used in changing ones attitude through using fear e.g. change sexual behaviour to avoid AIDS.

People accept a message and change their attitude more if they are afraid or fear is appealed to.

What men can do to strengthen their health.

- Monitor their health through exercise and healthy diet.
- Do relevant screening tests
- Rewarding themselves when they are sticking to their plan
- Conduct an analysis of high risk behaviours/situations avoid them to stay healthy.



Miss S. Joyner—Dietician

DIETIAN'S TIPS FOR HEALTHY LIFESTYLE

Eat less saturated fats and trans fats (fats found in meat, chicken skin, take-aways, pies, samoosas, vetkoek, cakes, biscuits, processed meat etc).

Replace the above fats with poly unsaturated fats and mono saturated fats (tinned fish, canola oil, avocado oil, tub margarine, nuts)

Increase the amount of fibre in your diet. This is found in fruits and vegetables, legumes, oats, brown bread, brown rice.

Eat 5 or 6 small, low fat, high fibre meals per day instead of 1 or 2 big high fat meals.



Mr S. Rakometsi

TIPS FOR A MAN TO FUNCTION WELL IN THE WORLD.

A man must follow God's rules/commands

Old men should teach young men how to live.

Men must protect women and children in all aspect of lives i.e. physically, sexualy , socially and financially.

Men must provide for their families needs.

Men need to be sober to function well and do their duties efficiently.

Real men don't rape.

Real men do not abuse their wives.

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Vryheid Hospital CP Clinic

The Rehabilitation Team at Vryheid District Hospital hosts a monthly CP Clinic for CP children and their caregivers. This team consists of physiotherapists, speech- and language therapists, audiologists and a dietician. We are also proud to announce and welcome two added professionals to our team since the 4th of July: another dietician Elsabe Immelmann, and an occupational therapist Thabisile Mbatha.

The team developed a programme to run over the whole year, where important information is given to the mothers, and therapy techniques are demonstrated and practiced. The year kicked off with an introductory session and assessment where we tried to document children's profiles and arrange the times for the upcoming sessions.

The group size varies from 15 - 25 children with their mothers as the group has steadily grown, with additions coming from other hospitals. This is due to the fact that some hospitals do not have speech - language therapy services and are in desperate need of such input. We have had some valuable sessions where positioning, handling, feeding, and diet have been discussed. We also get guest speakers to come in and host a session and have been privileged to have had input from the psychologist, CBR support group, SASSA and social workers.

The photos depicted here show one such clinic as held on the 6th of June 2011. The theme for the day was speech and language and was presented through the theme of book reading. The importance of a language rich environment, focus stimulation and listening skills were discussed and presented using a brochure.

We then had an activity where we got out A4 books, scissors, glue and stacks of pictures to stick into the book and thereby make a reading book to be enjoyed by mother and child alike. We would like to thank a local school for providing us with this free stationary.

It was a lot of fun and mothers have given feedback regarding the positive change that has come by being able to facilitate language in a fun and creative way,



Above: Miss Elfriede Rorhs leading the group activities.

Below: Mothers helping the children with the colouring project.



without having to buy expensive books. The CP Clinic is a valuable learning experience for both professionals and caregivers alike. Due to the fact that mothers travel far and can only come once a month, the group is an encouraging environment where mothers and professionals help and support one another.

We are looking forward to some of our next sessions where we will be visiting Inkanyiso School and host workshops including play therapy, NDT technologies etc, as well as ending off the year with a Christmas function.

If anyone is interested in finding out more or would like to host a session, please contact the Rehab Department at extension 251.

ZIXOXWA NGEZITHOMBE!!!



Above from left to right : Public service week Operation 'Mbo' Kwa Ngwelu in May 2011



Above from left to right : Operation "Mbo" at KwaNgenetsheni in May 2011



Above from left to right : Group work from the TB Dialogue at Mondlo in June 2011

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CAREER PROFILING

We spoke to Miss Bongiwe Ngcobo Pharmacist Intern at Vryheid Hospital to find out more about her job.

Q. Why did you choose pharmacy for a career.

A. I chose pharmacy because of the love of chemistry and medicine, which is pretty much combined in pharmacy.

Q. What do you enjoy most about your job.

A. Manufacturing and compounding—making syrup and suspensions for different patients using individualized formulations with particular interest in calculating paediatric doses.

Q. At the end of the day what satisfy you after doing your job?

A. At the end of the day what satisfies me after doing my job is. Seeing a patient that has been taking their medication incorrectly and are now taking it the right way after I have counselled them.

Q. What are the challenges that you face?

A. One thing that I find challenging is when an order has been placed and it does not arrive on time in such a way that we end up having to tell patients to come back another day because we



Miss Bongiwe Ngcobo—Pharmacist Intern

Q. How does your job benefit the community.

A. My job is to provide medicines in adequate quantities and of good quality and also provide advice on the safe and effective use of medicine. More importantly my job is to provide relevant health advice to help prevent diseases and improve the quality of life in the community.

Q. What do you have to study to qualify as a pharmacist?

A. I had to study Bachelor of Pharmacy for 4 years.

Q. Where did you study?

A. I studied at University of KwaZulu-Natal (2010).

Bursaries to study Bachelor of Pharmacy are offered by the Department of Health. For more information contact the HRD department at 034-9822111 ext 258 or visit office no 12 Admin Building at Vryheid Hospital. Closing date for application for bursaries is 31 August 2011.

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KIDS NEWS



Visits by Vryheid Spur Steak Ranch always appreciated.



Above from left to right : Vryheid Boxer bringing the cake to the children in Paediatric Ward on the 19th of July 2011 for their 67 minutes.



Above from left to right : Abaqulusi Community Services Department visiting the children in Paediatric Ward on the 18th of July 2011 for their 67 minutes.

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STAFF MATTERS

WELCOMING NEW STAFF

We welcome the following staff to Vryheid Hospital. We wish them a fruitful and wonderful stay at Vryheid Hospital.

- Ms S. Nkonyane - CEO
- S. E. T. Thwala - Theatre Nurse
- N. Cele - Pharmacist Assistant
- T. N. S. Nzimande - Pharmacist
- E. Immelman - Chief Dietician
- P. N. Mkhwanazi - Dentist
- F. A. Xaba - Pharmacist Assistant

THANKING OUR STAFF

We would like to thank the following staff members for the years of dedicated service to Vryheid Hospital. Wishing them all the best in the future endeavours.

- M. M. Shabangu – Cleaner – Retired
- V. B. Mbatha – Dentist – Resigned
- S. M. Sithole – Staff Nurse - Retired

DEATHS

The hospital would like to remember Miss Nozipho Mthembu (Sewing Orderly) who passed away on the 27th of July 2011 . We convey sincere condolences to the family and pray that they will feel the grasp of God’s hand in all their times of weakness.



Mrs Z. Mkhwanazi-HRO. Babebahle kanje abantu nge Youth Day.

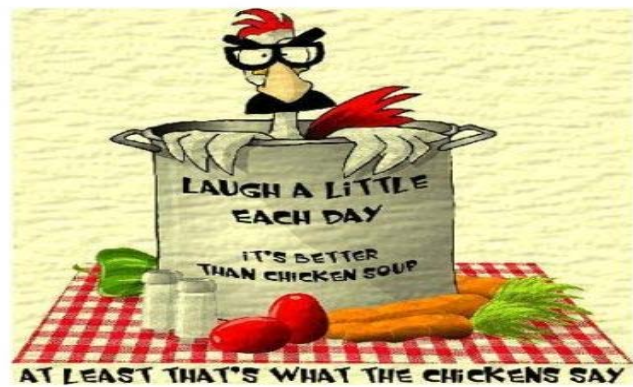
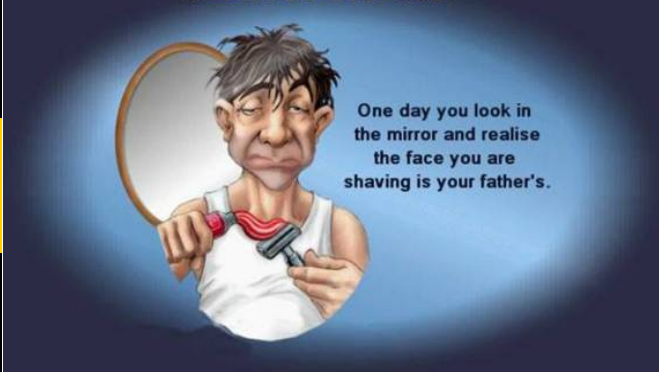


Our very own Stephy Joyner—Dietician took part in this year’s Comrades Marathon.

Laughter Corner



A SIGN OF OLD AGE



MOVE FOR YOUR HEALTH



Vryheid PHC Staff exercises daily after prayers in the morning.

BENEFITS OF HEALTHY LIFESTYLE

Good Health is not something that you buy from a drug store or a department store, but can be achieved by practicing collective patterns of health-related behaviour, based on choices made from available options. Following this logic, if you wish to realize the benefits of a healthy lifestyle, you have to repeat some healthy pattern as a part of your daily or weekly activities, some patterns like eating right and exercising. Other benefits includes: Reduced health care costs, reduced illness and injuries, reduced doctors visit, Keeps you employed and improved employee/employer relations. The good news is you don't have to train like an Olympic athlete to enjoy the benefits of a healthy lifestyle. The secret and logic are repeating a chosen healthy pattern as a part of your daily or weekly activities. We hope that this will get you to a healthy lifestyle if you are not there already. **A HEALTHY LIFESTYLE IS A WAY OF LIFE.**

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SPORTS SCENE

OUR HOSPITAL SOCCER TEAM



Back row from left to right: Sipiwe Hlongwane, Zweli "Rhee" Kunene, Vusi Sibeko, Mxolisi "Makati" Mntambo, Darcy "Cheeseboy" Khumalo, Scelo Mathe, Langa Zungu, Bongumusa Zuma, Dereshin Markandan, Simo Gumbi

Front row: Sandile "Storotoro" Sangweni, Roger Nkosi, Mthokozisi Ntuli, Siya Ntshangase, Skhumbuzo Gumede

LOG AS AT 31 JULY 2011

TEAMS	P	W	D	L	G F	G A	POIN TS
1. FINANCE	3	2	1	0	15	3	7
2. SYSTEMS	3	2	0	1	14	11	6
3. NURSING	3	1	1	1	12	8	4
4. EMRS	3	1	1	1	5	9	4
5. TRAFFIC	2	0	1	1	1	6	1
6. KZN AMBULANCE	2	0	0	2	3	9	0
7. TRANSNET	0	0	0	0	0	0	0

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